

LESSON B.5

COOKING CLASS

烹饪课

PÈNGRÈN KÈ



- Correct 纠正 (jiūzhèng) the following expressions sourced from the previous lesson:

让我们一起去吃铁板烧吧这个周末!
ràng wǒmen yīqǐ qù chī tiě bǎn shāo ba zhège zhōumò

它对健康非常有益的!
tā duì jiànkāng fēicháng yǒuyì de

我的厨房不有味精!
wǒ de chúfáng bù yǒu wèijīng

每个人现在都在谈健康饮食。
měi gèrén xiànzài dōu zài tán jiànkāng yǐnshí

猪肉对你不好的健康，多吃你胖的!
zhūròu duì nǐ bù hǎo de jiànkāng, duō chī nǐ pàng de

REVISION – CONDIMENTS/SAUCES/SPICES

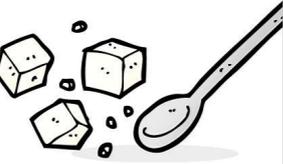


● Match the below picture:

调味料
tiáowèi liào

酱汁
jiàng zhī

香料
xiāngliào

1		a	胡椒粉 <i>hújiāo fěn</i>
2		b	咖喱粉 <i>gālí fěn</i>
3		c	生抽/老抽 <i>shēng chōu/ lǎo chōu</i>
4		d	盐 <i>yán</i>
5		e	糖 <i>táng</i>
6		f	醋 <i>cù</i>

7		g	番茄酱 <i>fānqié jiàng</i>
8		h	五香粉 <i>wǔxiāng fěn</i>
9		i	蛋黄酱 <i>dànhuáng jiàng</i>
10		j	芥末 <i>jièmò</i>
11		k	辣椒油 <i>làjiāo yóu</i>
12		l	鱼露 <i>yú lù</i>

CLASSROOM ICEBREAKER: BRITISH CUISINE



4

- Share with the class if you like any of the following British cuisine 英国菜 (yīngguó cài)



Fish and chips

炸鱼薯条
zhà yú shǔ tiáo



Full English breakfast

全套英式早餐
quántào yīng shì zǎocān



Sunday roast

週日烤肉
zhōurì kǎoròu



Toad in the hole

裏面烤香肠
guǒ miàn kǎo xiāngcháng



Bangers and mash

香肠和土豆泥
xiāngcháng hé tǔdòu ní



Shepherd's pie

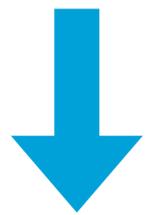
牧羊人的馅饼
mùyáng rén de xiàn bǐng

HOW TO COOK



如何做饭/做菜? rúhé zuò fàn/zuò cài

raw
生的
shēng de



undercooked
未熟
wèishú



cooked
熟 / 煮好
shú / zhǔ hǎo

煮
zhǔ



饭
fàn

蒸
zhēng



点心
diǎnxīn

煎
jiān



翻炒
fān chǎo



腰果鸡
yāoguǒ jī

炸
zhà



气炸
qì zhà



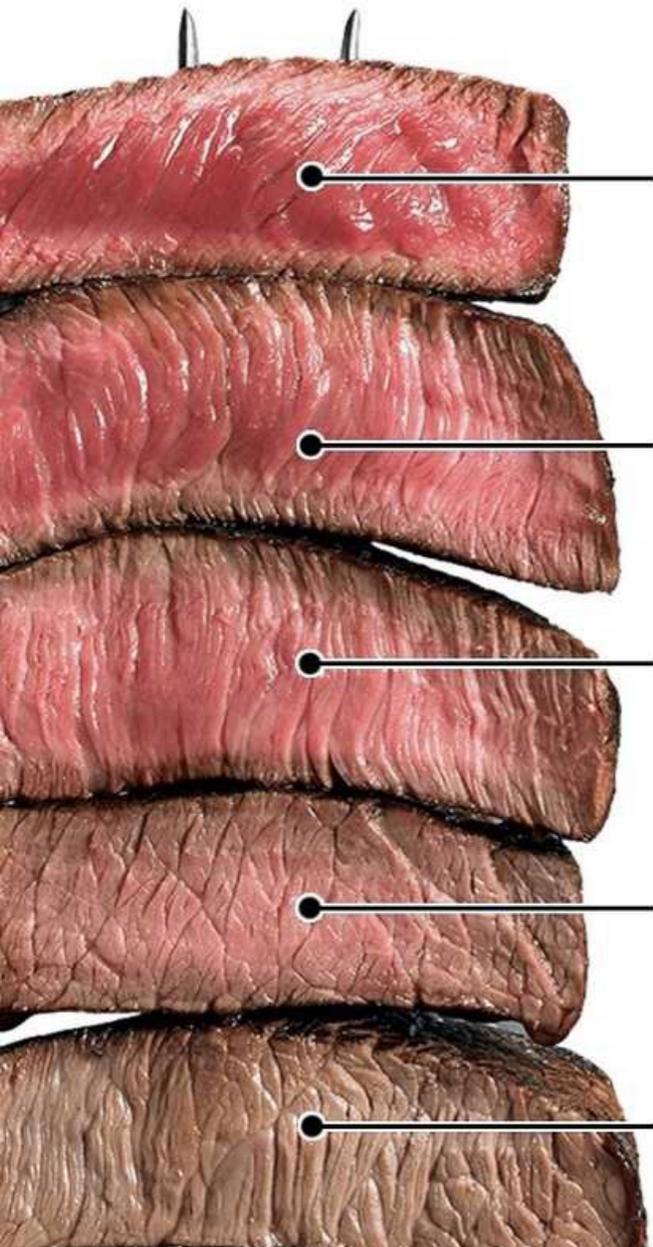
薯条
shǔ tiáo

HOW DO YOU LIKE YOUR ANGUS STEAK COOKED?



你的安格斯牛排牛排要几分熟?
nǐ de niúpái yào jǐ fēn shú?

我要九分熟。
wǒ yào jiǔ fēn shú



一分熟
yī fēn shú

三分熟
sān fēn shú

五分熟
wǔ fēn shú

七分熟
qī fēn shú

全熟
quán shú

wagyu /kobe
和牛
héniú



它们喝啤酒吗?
tāmen hē píjiǔ ma

- Japan's rare breed 日本的稀有品种 (*rìběn de xīyǒu pǐnzhǒng*)
- marbling 大理石花纹 (*dàlǐshí huāwén*)
- tender and flavourful 嫩肉和美味 (*nèn ròu hé měiwèi*)



Iberian ham
伊比利亚火腿
yībǐ lì yǎ huǒtuǐ



- 黑猪 (*hēi zhū*) are fed with acorns 橡子 (*xiàng zǐ*)
- The fat of pork 猪肉 (*zhūròu*) will melt 融化 (*rónghuà*) in your mouth
- Nutty flavour 坚果味 (*jiānguǒ wèi*)

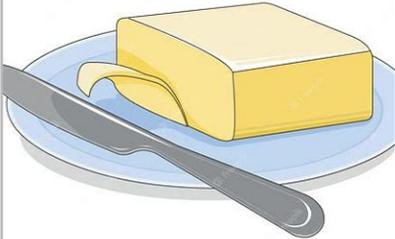
corn-fed chicken
黄鸡
huáng jī

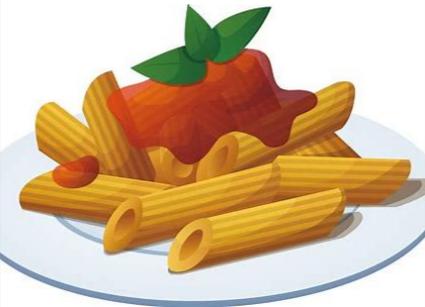


- 玉米喂的 (*yùmǐ wèi de*)
- 鸡肉更加多汁, 味道更丰富 (*jī ròu gèngjiā duō zhī, wèidào gèng fēngfù*)
- 走地鸡 (*zǒu de jī*)



食材 shícái

					
洋葱/红洋葱 yángcōng / hóng yángcōng	葱 cōng	蒜 suàn	姜 jiāng	特级初榨橄榄油 tèjí chū zhà gǎnlǎn yóu	牛油 niú yóu

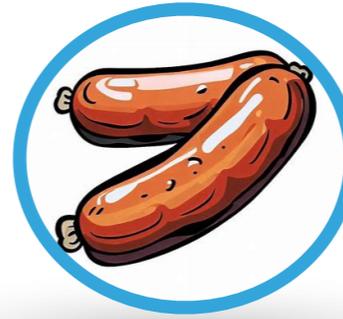
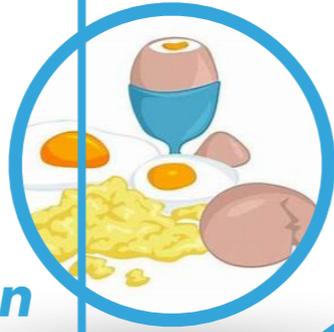
					
马铃薯 / 土豆 mǎlíngshǔ / tǔdòu	通心粉 tōngxīnfěn	意大利面条 yìdàlì miàntiáo	面包 miànbāo	豆豉酱 dòuchǐ jiàng	肉汁 ròuzhī

CLASSROOM EXERCISE: FULL ENGLISH BREAKFAST INGREDIENTS



- 你最喜欢的食材是什么? *nǐ zuì xǐhuān de shícái shì shénme*
- 你最不喜欢的食材是什么? *nǐ zuì bù xǐhuān de shícái shì shénme*

炒鸡蛋, 煎鸡蛋,
水煮嫩蛋, 煮鸡蛋
*chǎo jīdàn, jiān jīdàn,
shuǐ zhǔ nèn dàn, zhǔ jīdàn*



香肠
xiāngcháng



烤豆
kǎo dòu

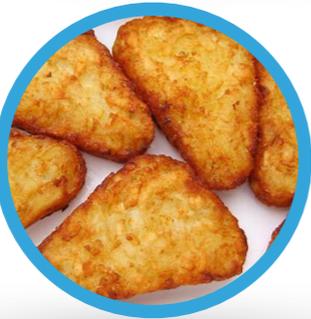


黑布丁
hēi bùdīng

多士
duō shì



薯饼
shǔ bǐng



全套英式早餐
quántào yīng shì zǎocān



很多工夫!
hěnduō gōngfū

熏肉
xūn ròu



蘑菇
mógū

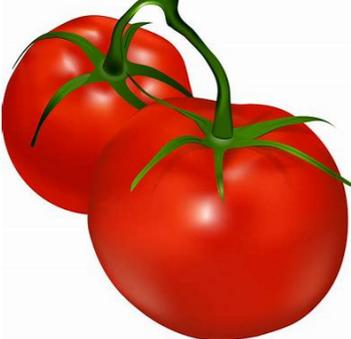
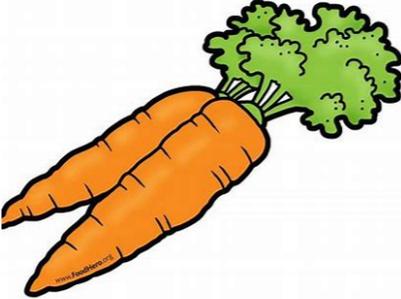


烤番茄
kǎo fānqié





蔬菜 / 青菜
shūcài / qīngcài

					
番茄 <i>fānqié</i>	红萝卜 <i>hóng luóbo</i>	青椒 <i>qīngjiāo</i>	火箭沙拉 <i>huǒjiàn shālā</i>	西兰花 <i>xī lánhuā</i>	花椰菜 <i>huāyēcài</i>

					
布鲁塞尔芽菜 <i>bùlǔsài'ěr yá cài</i>	豆芽 <i>dòuyá</i>	芹菜 <i>qíncài</i>	嫩豌豆 <i>nèn wāndòu</i>	菠菜 <i>bōcài</i>	生菜 <i>shēngcài</i>

CLASSROOM LISTENING EXERCISE: WHICH RECIPE?



食谱 *shípǔ*

- Your tutor is going to describe one of the following popular Chinese 食谱 (*shípǔ*). 是哪一个? (*shì nǎ yīgè*)

1



蒙古牛肉
ménggǔ niúròu

2



红烧茄子
hóngshāo qiézi

4



红烧五花肉
hóngshāo wǔhuāròu

3



糖醋鸡柳
táng cù jī liǔ

CLASSROOM EXERCISE: COOKING FOR DINNER



做晚饭 zuò wǎnfàn

- You are going to prepare a simple dish using the ingredients mentioned in the previous slides.
- 你有5分钟去准备。 *nǐ yǒu 5 fēnzhōng qù zhǔnbèi*

add in
加入
jiārù

pour in
倒入
dào rù

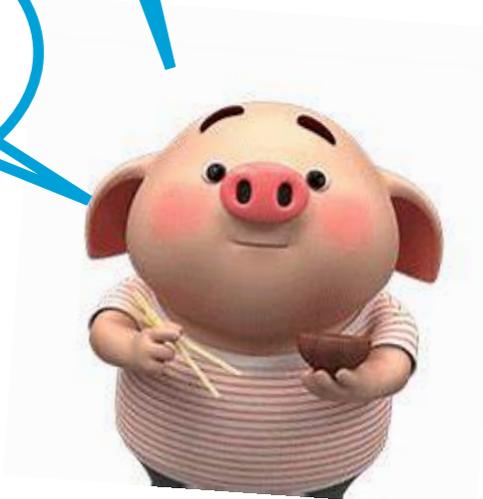
put in
放入
fàng rù

stir
搅拌
jiǎobàn



好香呀!
hǎo xiāng ya

等不及了!
děng bùjile



CLASSROOM EXERCISE: CONTINUE THE DIALOGUE



- Continue the following dialogue between 猪小屁 (zhū xiǎo pì) and his 女朋友 (nǚ péngyǒu).



1

爱在天空上。
ài zài tiānkōng shàng

2

在这个情人节，我要为你
做一顿饭。
zài zhège qíngrén jié, wǒ yào
wèi nǐ zuò yī dùn fàn

3

所有的食物都是新鲜
和有机的！
suǒyǒu de shíwù dōu shì
xīnxiān hé yǒujī de

4

不如从Just Eat订购
外卖。
bùrú cóng Just Eat
dìnggòu wàimài

5

因为.....
yīnwèi

APPENDIX – CHINESE TAKEAWAY APP



xióngmāo wàimài



fàntuán wàimài

